



31. Warendorfer Emssee-Lauf

Warendorf / 04.09.2010

Detailed evaluation

Hilgemann, Lena

Club: VfL Ahaus

Number: 707

Course: 10.00 km

Volkslauf

Category:

Frauen W20

Total time: 58:05

Speed: 10.33 km/h

Running performance: 5:49 min/km

Rank in course/Total: 108 (of 141)

Rank in course/Women: 16 (of 36)

Best time in course: 42:45

Rank in category: 3(of 9)

Best time in the category: 52:17